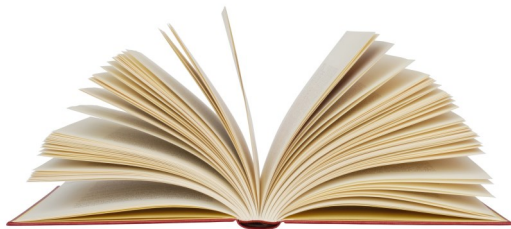


Rescue MEDS

MIND / EXERSIZE / DIET / SLEEP

What To Do When You Just Can't Fall Asleep...

We've all experienced difficulty falling asleep from time to time, tossing and turning frustrated into the early hours of the morning. Top sleep experts recommend abandoning the tireless struggle as it only increases frustration and compounds the sleepless problem.



Try getting up and doing something else such as reading a book, making a cup of herbal tea, or light stretching while practicing the breathing techniques listed in the MEDS Mind section.

After 30 minutes or so, crawl back into your cozy den and try again.



Whatever you try, do not turn on the TV or smart phone; leave the screens off! The light they emit, which will be discussed later, is harmful to our brain's sleep producing mechanisms.

